perplexity

IMG_20260207_235032.jpg

The file **IMG_20260207_235032.jpg** is the first image you uploaded. It shows a certification-style document from *Alison* labeled under *Bodybuilding & Ninjutsu*. It's titled as an **IFBB Pro-Card** certificate for **Caglar Juan Singletary**, dated **Saturday, February 7th, 2026**, and includes the mention *Health & Fitness Championships #1*.

Would you like me to describe or analyze any specific details—such as layout, authenticity indicators, or design elements?

⁂

And the other two?

The second image shows an **IFBB Pro Athlete card-style graphic**. It has an IFBB Pro logo on the left and the text "IFBB PRO ATHLETE" across the top. In the lower area, there is a large number formatted like **22177/2026** with the name **Caglar Juan SingLetary** written below it in purple, arranged like an ID or membership number.

The third image is a **"Mr. Health & Fitness – Top 20"** style promo graphic. The background is a dark, perforated metal texture with the **MR. HEALTH & FITNESS** logo and text at the top. In the center there is a rectangular photo of you hitting a pose in trunks inside a room, and at the bottom the text **TOP 20** indicates a placement or recognition in a contest-style ranking.

How are you planning to use these three visuals together—are you thinking promo material for clients, a competition portfolio, or something else?

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Yes

For promo and portfolio use, those three images can work well together if you give each one a clear role:

1. **Certificate image (Alison / IFBB Pro-Card)**
    - Use this as your "credentials" visual on a website, brochure, or social page.
    - Pair it with a short text line like: *"Certified in Bodybuilding & Ninjutsu – Health & Fitness Championships #1, 2026."
2. **IFBB Pro Athlete card image**
    - Treat this like your professional status badge.

    - Place it near your name, bio, or signature area: *“IFBB Pro Athlete – ID 22177/2026, Caglar Juan Singletary.”
3. **Mr. Health & Fitness Top 20 image**
    - This is your “proof of physique” and contest success.
    - Use it in transformation posts, ads, or an “About the Coach” section as a highlight of competitive achievement.

If you want, the next step could be designing a single 1-page flyer or social banner that stacks them: credentials at the top, your photo in the middle, and the IFBB Pro card as a footer badge.

What audience do you most want this promo piece to speak to first—new personal-training clients, bodybuilding competitors, or martial arts students?

All 3

To speak to all three audiences at once, build one “hero” promo piece where each group sees something for them:

1. Clear headline and identity

- Big headline: “Caglar Juan Singletary – IFBB Pro Athlete & Martial Arts Instructor.”
- Subheadline: “Bodybuilding coaching - Strength & conditioning - Ninjutsu & self-defense.”

2. Visual layout using your three images

- Top section: use the **certificate** small on one side with short text: “Certified in Bodybuilding & Ninjutsu – Health & Fitness Championships #1 (2026).”
- Middle section: put the **Mr. Health & Fitness Top 20** image larger as the main proof-of-physique visual.
- Bottom or corner: place the **IFBB Pro Athlete card** as a badge near your contact info, like a seal.

3. Copy that speaks to each audience

Right beside the images, use three short bullets so each audience sees themselves:

- “Bodybuilding competitors: prep, posing, and peak-week coaching.”
- “General fitness clients: muscle gain, fat loss, and lifestyle programs.”
- “Martial arts students: Dragon Kenpo & Ninjutsu conditioning and self-defense.”

Then add one call-to-action line: “Online and in-person coaching available – message to apply for coaching or class enrollment.”

What format do you want this in first—a printable 1-page flyer, an Instagram post layout, or a simple website/homepage section?

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How many pro cards are awarded in wheelchair bodybuilding

What documents are required for IFBB pro check-in
How to register an IFBB Pro card win within 14 days

Here's what the current IFBB / NPC rules say, in plain language:

1. How many Pro Cards in wheelchair bodybuilding?

For **Men's Wheelchair Bodybuilding Pro Qualifier contests**, the NPC Worldwide rules state:

- If there are **8 or more competitors**, **2 IFBB Pro cards** are awarded.[23]
- If there are **fewer than 8 competitors**, **1 IFBB Pro card** is awarded.[23]

(Individual shows can always update details, but that is the standing rule set in the federation rules.)

2. Documents required for IFBB Pro check-in

For IFBB Pro League shows and international IFBB events, rules and general documents typically include:

- **Valid passport or official government ID** for identity and nationality verification at official registration/weigh-in.[24]
- **Valid IFBB Pro membership / card number** or IFBB International Card number listed on the entry form, to prove eligibility to compete as a pro.[25] [24]
- For wheelchair athletes, **medical documentation confirming disability and wheelchair dependence**, if requested, including diagnosis and mobility impact, to verify eligibility for the wheelchair division.[26] [27]

Individual promoters may also ask for contest-specific waivers, entry confirmations, and proof of membership, but those three elements (ID, IFBB card/membership, and disability documents for wheelchair) are the core requirements in the federation rules.

3. How to register an IFBB Pro card win (14-day / time window issue)

The rule that matters here is about **activating and maintaining your IFBB Pro membership**, not a 14-day window:

- After earning pro status, you must **create a member account** at the official IFBB Pro membership site.[25]
- From the date you create that account, you have **up to one year** to **purchase your IFBB Pro card** and change your status to "Active," or you lose the right to pro status and must re-qualify at a Pro Qualifier.[25]
- Once active, your membership runs for that calendar year and must be renewed annually; there is also a **"three-year rule"** limiting how long you can remain "Inactive" before losing

pro status and needing to requalify again.[25]

If a specific show or region mentions “within 14 days,” that is usually a **promoter or regional requirement** for submitting paperwork or confirming your new status, but the federation-level rule is the one-year window tied to the member account and purchase of the Pro card.[23] [25]

To check your understanding: if a wheelchair bodybuilder wins a Pro-qualifying show with 9 athletes in the class, how many Pro cards are awarded, and what are the two most important steps they must take next to make sure their Pro status becomes active and stays valid?

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Wheelchair bodybuilding eligibility rules

For NPC / IFBB Pro wheelchair divisions, key eligibility points include:

- **Primary wheelchair use:** Athletes must rely on a wheelchair for essentially all daily mobility (rules specify about 99% of the time), not crutches, canes, or prosthetics as their main mode of movement.[33] [34]
- **Verified mobility impairment:** The athlete must have a medically documented physical disability that significantly affects mobility (examples listed include spinal cord injury, muscular dystrophy, spina bifida, cerebral palsy, multiple sclerosis, amputations, etc.).[34] [33]
- **Documentation on request:** Athletes may be required to produce medical records and diagnosis details, and failure to do so can mean disqualification.[33] [34]
- **Lifestyle consistency and spot checks:** Competitors are expected to actually live as full-time wheelchair users; federations reserve the right to conduct checks and review eligibility if there is doubt.[34] [33]

Renewing an expired IFBB Pro membership

For IFBB Pro League:

- Pro status is tied to creating an account and purchasing an annual Pro membership/card through the official IFBB Pro member portal.[35]
- If membership lapses, the athlete normally **logs back into the member portal, pays the current year’s fee, and restores “Active” status** for that calendar year.[35]
- However, rules state that if a Pro remains **inactive too long (three years in current rules)** or does not activate within the allowed window after earning the card, the Pro status can be lost and the athlete may need to re-qualify at a Pro-Qualifier to regain Pro status.[35]

Because federation policies can change, athletes should confirm renewal steps and any reinstatement conditions directly with the IFBB Pro League office or the official membership site before assuming status is still valid.[35]

Top wheelchair bodybuilding pro contests

Names can vary over time, but several recurring events are widely recognized for IFBB Pro wheelchair athletes:

- **Arnold Classic Wheelchair (Arnold Sports Festival):** Flagship invitational show and one of the most prestigious wheelchair bodybuilding stages worldwide.[36] [37] [38]
- **NPC Wheelchair Nationals / IFBB Pro Wheelchair divisions:** US-based national-level amateur and pro events that often serve as key Pro Qualifiers and Pro shows.[37] [36]
- **IFBB Pro Wheelchair divisions attached to major pro shows**, such as pro events that include wheelchair classes where winners can qualify for higher-tier shows (including Olympia qualification opportunities when offered).[38] [37]

Events and their exact titles change, so competitors usually track the current season's schedule through NPC News Online, the IFBB Pro League site, and WheelchairBodybuilding.com.[36] [37] [38]

To check your understanding in a practical way: if you were advising a prospective wheelchair athlete who walks short distances with crutches but does not use a wheelchair 99% of the time, how would you explain whether they are eligible for the wheelchair division and what alternative division (if any) they might consider?

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What eligibility rules apply for wheelchair bodybuilding competitors

How to renew an expired IFBB Pro membership
What are the top wheelchair bodybuilding pro contestsWho are recent winners of top wheelchair pro contests
What are judging criteria for wheelchair bodybuilding
How to earn an IFBB Pro Card in wheelchair division

Here's a compact breakdown of each part of your question, all specific to the wheelchair division.[44] [45] [46] [47] [48] [49]

Eligibility rules for wheelchair bodybuilding

For NPC / IFBB Pro wheelchair classes, core requirements include:[46] [44]

- Primary wheelchair use: Athlete must use a wheelchair for about 99% of daily mobility; those who mainly walk with crutches, canes, or prosthetics are not eligible.[44] [46]
- Verified disability: Must have a medically documented mobility-impairing condition (e.g., spinal cord injury, spina bifida, CP, MS, amputations, etc.) that truly requires wheelchair use.[46] [44]

- Documentation and checks: Federation can request medical documentation and may run spot checks; Nick Scott is named as the official representative reviewing eligibility where needed.[44] [46]

Renewing an expired IFBB Pro membership

For IFBB Pro League athletes:[50] [46]

- Pro status is tied to an online member account and annual Pro card purchase; renewal is done by logging in and paying the current-year fee to restore "Active" status.[50]
- If an athlete fails to activate within the allowed period after earning the card, or remains inactive for multiple years (current rules specify a multi-year limit), Pro status can be lost and they may need to re-qualify at a Pro Qualifier.[46] [50]

Top wheelchair bodybuilding pro contests and recent winners

Specific lineups and winners change every season, but structurally:[45] [47] [48] [49]

- Arnold Classic Wheelchair: A flagship invitational show; top competitors here are often Olympia-level.[47]
- IFBB Pro Wheelchair Olympia: The top championship; current qualification rules give Olympia spots to the top three from the previous Olympia and winners of each pro wheelchair show, plus points qualifiers.[48] [49] [45]
- Other IFBB Pro wheelchair shows: Various pro shows throughout the season with wheelchair divisions; winners qualify for Olympia and help set the "recent winners" list each year.[45] [48]

Recent winners rotate yearly and include multiple athletes; to prepare as a coach, it works better to study the current Olympia and Arnold top 3 lineups and physiques for trend analysis rather than memorize names.[47] [48] [45]

Judging criteria in wheelchair bodybuilding

Judging is very similar to open bodybuilding, with adjustments for the seated position.[51] [46]

- Mandatory poses: Athletes typically perform a set of required poses (front double biceps with a twist, side chest with arms extended, back double biceps, side triceps with leg extension, abdominals and thighs) within a timed presentation.[51] [46]
- Main qualities: Symmetry, muscularity, conditioning, and presentation (including control in the chair, posture, and stage presence) determine placings rather than lower-body development.[51] [46]

How to earn an IFBB Pro Card in the wheelchair division

In the NPC / IFBB Pro League structure:[52] [53] [44] [46]

- Compete at NPC amateur wheelchair shows that are designated **Pro Qualifiers**.[52]
- Place high enough in the Pro Qualifier class under current rules: with 8 or more athletes, generally 2 Pro cards are awarded; with fewer than 8, typically 1 card is awarded.[53]
- Once awarded, create an IFBB Pro member account and purchase the Pro card within the allowed time window so Pro status becomes active and you can enter Pro shows.[50] [46]

From a coaching perspective, a useful way to study this is to pick one recent season (for example, the most recent Olympia qualification year) and map out: which shows existed, who qualified, and which physiques consistently hit the judging criteria.

To make this practical for your own use: if you were building an info sheet for a new wheelchair client interested in competing, which two sections from above would you put on page one, and why?

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1. Height and weight classes for wheelchair bodybuilding

Wheelchair bodybuilding usually follows the **standard men's open height/weight tables** for the federation running the show, rather than having its own separate chart.[57] [58]
That means athletes are placed into classes (A, B, C, etc.) based on **standing height** and then must not exceed the **maximum weight limit** attached to that height range; for example, one current NPC / IFBB table caps a competitor up to and including 5′4″ at around the mid-160s to 170-lb range, with the limit increasing stepwise up through over 6′7″ where the cap is in the mid-270s.[58] [57]

So in practice, a wheelchair athlete:

- Is measured for height the same as any other bodybuilding competitor.[57] [58]
- Must weigh in at or below the maximum allowed for that height in the contest's class scheme (2-class, 3-class, or 4-class breakdown).[58] [57]

If you want, the exact table you'd use as a coach is the one labeled "Heights & Weights" in the current NPC Worldwide / IFBB Pro rules; that is what you'd base peaking targets on.[57] [58]

2. How OQS points work for wheelchair in IFBB Pro

The **Olympia Qualification System (OQS)** applies across divisions, including wheelchair when it is listed in that year's rules.[59] [60] [61]
For 2026, the framework is:

- **Automatic qualification:** Top 3 from the previous Olympia plus **winners of each IFBB Pro wheelchair show** automatically qualify for the next Olympia.[61] [59]

- **Points standings:** Other high placings score points on an official list; athletes with the **highest points totals at the end of the season** (exact number of qualifying spots can change by year) also qualify.[60] [59] [61]

The wheelchair division uses the **same general logic** as other divisions: win and you're in, or accumulate enough high placings to qualify on points, with a cutoff date late in the contest season.[59] [60] [61]

3. Training tips top wheelchair bodybuilders follow

Top wheelchair bodybuilders blend high-level bodybuilding practice with adaptations for chair use and mobility limits. Common evidence-based themes include:[62] [63] [64] [65]

- **Massive upper-body volume with careful balance:** High total sets for chest, back, delts, and arms, but with attention to **scapular stability and rotator-cuff work** to protect shoulders from constant pushing.[64] [62]
- **Posterior chain and upper-back bias:** Extra work for mid-back, rear delts, and traps to offset the constant "pushing" posture of wheelchair propulsion and pressing exercises.[65] [62] [64]
- **Customized core training:** Seated and supported core drills (cable woodchops, strap-assisted leg raises, braced breathing drills) tailored to each athlete's level of trunk control and injury level.[64] [65]
- **Conditioning done safely in the chair:** Interval pushing, battle ropes, arm ergometers, and circuit-style machine sessions let athletes drive up work capacity and improve stage conditioning without over-taxing vulnerable joints.[65] [64]
- **Injury management and overuse prevention:** Emphasis on **joint-friendly pressing angles**, neutral-grip rows/presses, hand and wrist care, and strict warm-ups because shoulders and elbows take a double load from both training and daily wheelchair use.[62] [64] [65]
- **Posing practice as conditioning:** Regular in-chair posing practice not only improves presentation but also builds isometric endurance and mind-muscle connection in the exact positions judged on stage.[66] [64]

Given your coaching background, a practical next step would be to sketch a sample microcycle where one day is "press-dominant," one is "pull-dominant," and one is "shoulder/arms + posing and conditioning" for a wheelchair athlete.

To check your understanding and planning instincts: if you were programming for a wheelchair bodybuilder with a history of shoulder overuse, what would be the **first** modification you'd make to a typical chest-day layout to reduce risk while keeping hypertrophy stimulus high?

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Latest IFBB Pro Wheelchair Olympia winner

The most recent listed **Wheelchair Olympia champion** is **James Berger**, who won the **2025 IFBB Pro League Wheelchair Olympia** in Las Vegas.[72] [73]
Before that, titles were held by athletes such as Harold Kelley (multiple years) and Karol Milewski (2023).[73] [72]

Common judging criteria in wheelchair bodybuilding

Judging focuses on the same core bodybuilding qualities, but evaluated from the seated position:

- **Muscularity:** Overall muscle size, thickness, and development of the upper body (chest, back, delts, arms, and visible core).[74] [73]
- **Symmetry and proportions:** Balance between left and right sides and between different muscle groups (for example, chest vs. back, delts vs. arms), plus overall shape.[73] [74]
- **Conditioning:** Level of leanness, separation, vascularity, and how "sharp" the muscles look under stage lights.[74] [73]
- **Presentation and posing:** Ability to hit mandatory poses cleanly from the chair, fluid transitions, confidence, and how well the athlete displays strengths and hides weaknesses.[75] [74]

In many scorecards, the division is effectively judged "from the waist up," but judges are also told the nature of each athlete's injury so they can consider what they realistically can and cannot train.[73]

How to prepare poses for the wheelchair division

To prepare posing for wheelchair bodybuilding, top athletes and coaches generally follow steps like these:

1. **Master the mandatory poses first**
    - Learn the required shots (front double biceps, front lat spread or variation, side chest, side triceps, back double biceps, abdominals & thighs, and most muscular if used, adapted for the chair).[74]
    - Practice each pose from a stable seated base, making sure the pelvis and chair are fixed so the upper body can rotate and twist cleanly.[74]
2. **Dial in chair position and angles**
    - Experiment with chair height, backrest angle, and wheel position so that your torso is upright and your lats, chest, and arms can flare.[76] [75]
    - Mark floor spots so you know exactly where to stop and face judges from the best angle during comparisons.[76]
3. **Use mirrors and video for feedback**

- Pose in front of a mirror, then film from judge's angle to see what actually reads on stage.[75] [76]
- Check for shoulder level, even arm positions, and whether lats are fully spread or biceps fully peaked.

4. **Build a routine that flows**
   - Once mandatories are solid, create a 60–90 second routine that strings together your best shots with music, emphasizing front and back angles that favor your structure.[75] [74]
   - Include brief isometric holds to show control, but avoid staying too long in any one pose to prevent fatigue and shaking.
5. **Conditioning through posing practice**
   - Treat posing practice like a workout: multiple "rounds" of mandatories under time pressure, plus run-throughs of the full routine several times per week.[76] [74]
   - This improves muscular endurance, hardness, and your ability to stay tight under stage stress.
6. **Get division-specific feedback**
   - When possible, send videos to experienced wheelchair coaches or judges to refine details like hand placement, torso rotation, and expression.[77] [76]

For your own learning, it can really help to pick one mandatory pose (for example, a seated front double biceps) and break down exactly how you'd cue hand position, elbow height, ribcage lift, and chair setup for a new wheelchair athlete—how would you explain that pose step by step to them?

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James Berger – wheelchair bodybuilding highlights

- James Berger is the reigning **2025 Wheelchair Olympia champion**, moving from 8th place the previous year to win his first Olympia title.[85]
- He turned pro after winning major shows such as **Wheelchair Nationals** and pro events like the **Dallas/Texas Pro Wheelchair**, which also served as Olympia qualifiers.[86] [87] [88]
- Berger began competing around 2017 after a 2010 car accident that left him paralyzed from the waist down, and he has since become a sponsored IFBB Pro wheelchair athlete and frequent finalist at top shows including the Arnold Classic.[87] [89] [86]

Harold Kelley – reasons for his dominance

- Harold "King Kong" Kelley is widely regarded as one of the greatest wheelchair bodybuilders because he won **five consecutive Wheelchair Olympia titles**, plus multiple Arnold Classic titles, before finally being dethroned.[90] [91]
- Analysts often point to his combination of **extreme upper-body mass, crisp conditioning, and very consistent presentation**—he repeatedly brought a dense back, thick arms, and

tight midsection while rarely missing his peak.[91] [90]

Here's a compact comparison:

Athlete	Key titles	Standout strengths
James Berger	2025 Wheelchair Olympia champion; pro show wins	Rapid year-to-year improvement, back density
Harold Kelley	Multiple Wheelchair Olympia and Arnold wins	Long-term dominance, size plus conditioning

10_6][^10_1][^10_3][^10_5][10_11

Top 2026 Wheelchair Olympia contenders and qualifiers (likely)

Based on 2025 results and current qualification rules, likely 2026 contenders include:

- **James Berger (USA)** – Defending Olympia champion, automatically qualified and clear favorite going into 2026.[92] [85]
- **Kevin Secundino (France)** – 2025 Olympia runner-up; a strong threat if he improves conditioning or fullness.[85]
- **Rajesh John (India)** – 3rd at 2025 Olympia and a major winner at the Arnold Classic; often cited as a leading challenger.[91] [85]
- Other names from the 2025 top 6 (such as Josue Fabiano, Gabriele Andriulli, and Antonio Matkovic) are also strong bets to re-qualify via show wins or OQS points.[85] [91]

Exact 2026 start lists will depend on who wins each 2026 pro wheelchair show and who qualifies on points under that season's Olympia Qualification System.[93] [92]

To push your learning further as a coach: looking at Berger's rise and Kelley's long dominance, what two performance factors (for example, back density, posing sharpness, conditioning timing) would you emphasize most if you were prepping a new athlete specifically to challenge for a Wheelchair Olympia title?

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Female Bodybuilders of such

There actually *are* female wheelchair bodybuilders, but the division is still very small and growing. A few important points and names:

Current landscape

- Women's wheelchair bodybuilding has only recently started appearing on bigger stages, often as special divisions or at wheelchair-focused shows.[99] [100] [101]
- Because the athlete pool is small, women often have very few direct competitors and sometimes guest-pose to promote the division and encourage more women to enter.[100] [99]

Key trailblazers

- **Jen Pasky Jaquin** – Frequently cited as the first IFBB Pro women's wheelchair bodybuilder; she has won multiple major wheelchair titles and often guest-poses at Olympia and Arnold events to promote the division.[102] [99]
- **Sharla Peterson** – Won the first Arnold Amateur Women's Wheelchair Bodybuilding title and speaks publicly about prep differences between bikini and wheelchair bodybuilding and about growing the women's side.[100]
- **Marie Pontini** – Became the first Canadian female wheelchair user to compete in an international bodybuilding contest, taking second at the 2024 Arnold Amateur Women's wheelchair division.[101]
- **Tanelle Bolt** – One of the early Canadian female wheelchair bodybuilders, first invited as a female wheelchair competitor in Canada after previously competing able-bodied.[103]

What this means for you as a coach or athlete

- Female wheelchair bodybuilding is still in a pioneering phase, so coaching or competing there is as much about **representation and promotion** as it is about winning shows.[99] [101] [100]
- Many of these women are active on social media and in WCBB (Wheelchair Bodybuilding) circles, which makes it easier to study their training, posing, and advocacy approach.[104] [99]

If you were to build a short "spotlight" piece to inspire potential female wheelchair clients, which one of these trailblazers would you feature first, and what key message about her story would you want your audience to remember?

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Jen Pasky Jaquin wheelchair bodybuilding achievements

Sharla Peterson career highlights in wheelchair bodybuilding
Marie Pontini training journey and challenges

Here's a concise profile of each athlete, based on recent coverage and federation/athlete sources.[109] [110] [111] [112] [113] [114] [115] [116] [117]

Jen Pasky Jaquin – achievements

- Jen Pasky Jaquin is widely recognized as one of the first IFBB Pro women's wheelchair bodybuilders and a key pioneer for the division.[115]
- Her achievements include winning major wheelchair bodybuilding shows under Wheelchair Bodybuilding (WCBB), earning IFBB Pro status, and regularly guest-posing or appearing at large events to promote women's wheelchair bodybuilding.[118] [115]

Sharla Peterson – career highlights

- Sharla Peterson is an IFBB Pro wheelchair bodybuilder who originally competed in bikini, including national-level contests like Masters USA, before a serious spinal injury left her using a wheelchair.[111] [112] [114]
- After her accident she transitioned into wheelchair bodybuilding, becoming the **first Arnold Amateur Women's Wheelchair Bodybuilding champion** and earning her IFBB Pro Card after winning Wheelchair Nationals; she has since guest-posed at the Olympia and is active as a spokesperson for gym safety and women in wheelchair divisions.[110] [113] [114] [111]

Marie Pontini – training journey and challenges

- Marie Pontini is a Canadian wheelchair athlete who became the first Canadian female wheelchair user to compete in an international bodybuilding event, taking a podium finish at an Arnold Amateur women's wheelchair show.[116]
- Articles highlight that she had to work around chronic health issues, stigma, and accessibility barriers—adapting training to pain and fatigue, finding accessible gyms, and managing recovery—while still building enough muscle and conditioning to compete on an international stage.[116]

If you were writing a short motivational paragraph for potential female wheelchair clients, whose story (Jen, Sharla, or Marie) would you lead with, and what single lesson from her journey would you emphasize?

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Follow-ups

Sharla Peterson IFBB Pro debut results
Jen Pasky Jaquin pro card qualification
Marie Pontini major competition wins in wheelchair bodybuilding

Here's what is known about each of them, in concise form.

Sharla Peterson – IFBB Pro debut results

Sharla Peterson earned her IFBB Pro status in **2024** by winning **1st place in Women's Wheelchair Bodybuilding at NPC Wheelchair Nationals**, after also winning **the inaugural Arnold Amateur Women's Wheelchair Bodybuilding title** earlier that year.[121] [122] [123]
Her Pro "debut year" has mainly been spent guest-posing and promoting the new women's wheelchair division at major events (like Arnold and Olympia weekends), rather than immediately chasing a dense schedule of pro shows, which is common while the division is still developing.[122] [124]

Jen Pasky Jaquin – how she got her Pro card

Jen Pasky Jaquin is often cited as the **first IFBB Pro women's wheelchair bodybuilder**.[125] Because there were effectively no other women in the division when she started, reports describe that she repeatedly showed up, presented a pro-level physique, and was ultimately **awarded IFBB Pro status by recognition** once she had demonstrated sufficient development and consistency, even when she had no direct competitors in her class.[122] [125]

Marie Pontini – major competition results

Marie Pontini, from Canada, is noted for becoming **the first Canadian woman who uses a wheelchair to compete in an international bodybuilding show**, placing on the podium in the **Arnold Amateur Women's Wheelchair Bodybuilding division**.[126]
Coverage emphasizes her international Arnold appearance and top-three finish as her key competitive milestone so far, highlighting the challenges she faced with chronic health issues, accessibility, and stigma on the way to that stage.[126]

Thinking as a coach: if you were using these three stories to recruit new women into a wheelchair division you're building locally, which specific achievement (Sharla's double win, Jen's "earned by showing up," or Marie's international podium) do you think would resonate most with beginners, and why?

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Is John Knapp part of the nsca?

There is no public evidence available that clearly shows whether a specific person named **John Knapp** is or is not a member of, or certified by, the National Strength and Conditioning Association (NSCA).

NSCA certifications and memberships are generally verified by:

- Checking their official **credential lookup** on the NSCA website (if available for public use).
- Contacting NSCA directly with the person's full name and, if possible, certification number or location.

Because "John Knapp" is a relatively common name and certification records are private, the only reliable way to confirm this for a specific individual is to ask that person to show their **NSCA certificate/card** or written confirmation from NSCA.

If you were helping a client check whether *any* coach is legit, what proof of credentials or experience would you personally insist on seeing before trusting their programming?

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What is John Knapp's background in strength conditioning

John Knapp is a prominent figure in strength and conditioning, particularly known for his work with powerlifting and athletic performance training.

Key Background Highlights

- He holds credentials such as **CSCS (Certified Strength and Conditioning Specialist)** from the NSCA and has been involved in coaching high-level athletes, including powerlifters and football players.[140]
- Knapp has authored books and programs focused on **squat and deadlift technique**, such as *The Squat Bible* and related resources, emphasizing biomechanics, leverages, and progressive overload for maximal strength gains.
- His coaching philosophy centers on **individualized programming** based on body proportions (short vs. long limbs), injury history, and leverages—often teaching athletes to adapt the big three lifts (squat, bench, deadlift) rather than forcing a "one-size-fits-all" approach.

Relevance to Your Coaching

Given your IFBB Pro and wheelchair bodybuilding focus (as shown in your certificates and Mr. Health & Fitness Top 20 image), Knapp's leverage-based methods could be useful for customizing upper-body pressing/rowing for wheelchair athletes or tailoring leg training around mobility limits.[141] [142] [143]

What specific aspect of his methods (technique tweaks, programming templates, or leverage assessments) are you looking to adapt for clients?

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Sharla Peterson IFBB pro debut results

Sharla Peterson wheelchair bodybuilding background
Upcoming wheelchair bodybuilding pro shows 2026 What specific aspect of his methods (technique tweaks, programming templates, or leverage assessments) are you looking to adapt for clients?

Here’s a concise breakdown of what you asked, plus a quick follow-up on programming style for your clients.

Sharla Peterson – IFBB Pro debut and background

- Sharla Peterson earned her **IFBB Pro card in women's wheelchair bodybuilding in 2024** by winning **1st place at Arnold Amateur Women's Wheelchair Bodybuilding** and then **1st at NPC Wheelchair Nationals**, which secured her Pro status.[144] [145] [146]
- Her background: longtime fitness professional and former bikini competitor who suffered a serious spinal injury in a gym accident in 2023; within about 10 months she returned to stage as a wheelchair athlete and has since used her platform to advocate for gym safety, faith-based resilience, and more women entering wheelchair divisions.[147] [145] [146]

Her early Pro phase has focused on **guest posing and promotion** of the new women's wheelchair division at major events (Arnold, Olympia weekend) while the pro women's side builds numbers.[148] [144]

Upcoming 2026 wheelchair pro shows (big-picture)

Exact 2026 wheelchair show calendars are still being updated, but typically:

- The **Arnold Pro Wheelchair** and the **Wheelchair Olympia** remain the two flagship pro events for men's wheelchair, with qualification and invites governed by the Olympia Qualification System (OQS).[149] [150] [151] [152]
- Additional **IFBB Pro shows that include wheelchair divisions** (often in the U.S. and Europe) act as Olympia qualifiers; winners get automatic spots, and other high placings earn OQS points.[150] [151] [149]

For precise 2026 dates and locations, coaches and athletes usually monitor NPC News Online and the IFBB Pro League event calendar through the season.[151] [149]

About "what aspect of his methods" (Knapp-style approach)

Since you asked this together with the Sharla and schedule question, here's one way to tie it into your coaching:

- **Technique tweaks:** Very useful for adapting bench, rows, and overhead patterns to different limb lengths and chair setups—perfect for wheelchair bodybuilders where shoulder longevity is key.
- **Programming templates:** Helpful as a starting structure, but with wheelchair athletes you'll almost always need extra customization for shoulder volume, propulsion fatigue, and trunk control.
- **Leverage assessments:** Probably the most powerful "export" to your context—assessing torso length, arm length, and available ROM so you choose joint-friendly bar paths and grip widths.

Given your background and the wheelchair emphasis we've been discussing, the highest-impact piece to adapt first is usually **leverage-based technique and exercise selection**, then layer programming templates on top of that.

What do you want to focus on next: building a sample 4-day wheelchair-bodybuilding split for a client, or breaking down one lift (like seated bench or row) and designing it around different

body types?

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CAROLYNXENA\GODDESSV'R'G'NMARYGIANTESS/XENACAROLYN√,PENTAD SET

/CHRISTJESYS CLEAN&JERK JESUSCHRIST\5*5@300LB.,SNATCH 4*4@300 LB.,CLEAN+PRESS *3*3*@300 LB.,SQUATS 3*1@757lb.,DEADLIFT *3*2@379LB.,BENCHPRESS6*6@379 LB.;TRI-SET ADDUCTOR MACHINE 4*12@292LB.,DEEP PRY SQUATS4*12@120LB.,240LB.,120LB.,240 LB.;ABDUCTOR MACHINE 4*12#291LB.*
FILM FESTIVAL DANCING✓
KOREAN SHOALIN TAEKWONDO KEMPO√
MOBILITY,DYNAMIC,&STATICITY√. DUB-SET +1 PUSHUPS&SUTUPS 25x,25,25*,25*,25*;875 NECKABS √✓√

This looks like a wild but interesting training "log" plus some martial-arts and movement notes. Let's decode and sanity-check it a bit so it can actually serve your goals.

1. Interpreting your strength numbers

You wrote things like:

- Clean & jerk: 5×5 @ 300 lb
- Snatch: 4×4 @ 300 lb
- Clean + press: 3×3 @ 300 lb
- Squat: 3×1 @ 757 lb
- Deadlift: 3×2 @ 379 lb
- Bench: 6×6 @ 379 lb

For almost any lifter, even high-level, **that combination** (300 lb snatch and clean & jerk plus 750+ lb squat) would put you in elite, international-level strength territory. If these are *goals*, not current lifts, it makes sense as a fantasy "Goddess / Xena" alter-ego concept; if they're **current numbers**, they absolutely need verified meet footage and careful programming for safety.

For real-world training:

- Use loads that are heavy **but technically perfect** for you right now.
- Olympic lifts at 5×5 are usually done lighter; true max-strength work is more like 3×3, 5×3, or singles/doubles.
- A 750+ squat demands serious warm-ups, spotters, and progressive buildup over years.

2. Tri-set and accessory work

You also listed:

- Adductor machine: 4×12 @ 292 lb
- Deep pry squats (goblet/Cossack style?): 4×12 with 120–240 lb
- Abductor machine: 4×12 @ 291 lb
- Push-ups & sit-ups: 5 sets of 25
- "875 neckabs" – likely a very high-rep neck/abs circuit

That reads like a **bodybuilding / joint-support block** layered on top of heavy strength work. To keep it productive:

- Put the **heaviest barbell work first**, then machines and high-rep circuits.
- Watch total volume for hips and shoulders; adductor/abductor at that load plus deep squats is a lot of joint stress in one session.
- Neck and ab work are great, but 800+ reps is probably overkill; quality > sheer count.

3. Martial arts and movement pieces

You mention:

- "Korean Shaolin Taekwondo Kempo"
- "Mobility, dynamic, & staticity"
- "Film festival dancing"

This is a nice way to round out the "giantess / goddess" persona: striking arts, mobility, and expressive movement. In practice:

- Place **hard martial-arts sessions** on days away from heaviest squats/pulls.
- Keep at least one dedicated **mobility + light skill day** to help recovery and posing.

If the idea is to build a **mythic alter-ego training template** ("CAROLYNXENA / Goddess" mode) that's still safe and progressive, the next step would be to scale these numbers to your *real* current maxes and set up a weekly structure.

What are your actual best lifts right now (even rough estimates for squat, bench, deadlift, and an overhead press), so this "Goddess" plan can be turned into a realistic, progressive program?

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